

## ABSTRACT

A seawater mineral component-containing composition is produced which contains mineral components having a good effect on health, such as magnesium and calcium, has a decreased content of sodium, and thus can be used widely for foods. When processed, the seawater mineral component-containing composition provides foods and beverages useful for preventing cardiovascular diseases and lifestyle-related diseases.

The seawater mineral component-containing composition is obtained by subjecting seawater to electrodialysis, and has a sodium concentration of 6 mg/L or less when adjusted to form an aqueous solution having a hardness of 100 (EDTA method).